

## ABSTRACT OF THE DISCLOSURE

There is disclosed an adaptive accessing method and system for single level strongly consistent cache, capable of selecting a poll-each-read algorithm or a callback algorithm to maintain a consistency of caches between a server and at least one client. In the server, a first counter is used for measuring the number of cycles in an observed period, and a second counter is used for measuring the number of cycles that have updates in the cycles, so as to select a poll-each-read algorithm or a callback algorithm based on a ratio of the first counter and the second counter.